

**ABSTRACT OF THE DISCLOSURE:**

This invention specifies how control information is inserted in the flow of data units on a channel between two common time reference (CTR) driven switches in order to delineate time frames, sub-time frames, and time cycles. The delineation enables the receiver to unambiguously associate the received data units with time frame, sub-time frame, and time cycles. The invention further introduces a method for counting data units in order to, among other things, detect the end of a time frame, the end of a time cycle, and the position and value of other control information.